



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation

Module 1 – Part 2:

How to Set Goals the Right Way

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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S.M.A.R.T Goal Setting

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S.M.A.R.T Goal Setting

- Is an **effective** technique to set and achieve your goals.
- Goals set with these five qualities are **easier** to reach and are reached more **efficiently**.
- The acronym stands for:
 - **S**pecific
 - **M**easurable
 - **A**ttainable
 - **R**ealistic
 - **T**ime-based

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Be Specific

- The more **specific** you are in writing your goal, the **easier** it will be to create your plan to achieve it.
- You want to identify what **materials** or **tools** you will need, what **skills** or **habits** you need to develop, what **people** you need to help you realize your goal.

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Be Specific

- The more specific you are, the more specific the “Universal Chef” can be in helping you **manifest** the goal.
- If you go to a restaurant and just tell the waiter you’re hungry without being specific about what you want, you can only **hope** the chef gives you something you like!
- The more specific you are, the more specific the Universal Chef is in **stimulating** the super-conscious mind to produce **anything** for you that you can imagine, plan, strategize, emotionalize and implement into your life!

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Make it Measurable

- Making your goals measurable is important because it helps you gauge when you’re making **progress** towards your goal and when you’ve achieved it.
- It’s hard to feel good about your goals or the progress you’re making towards them, if it’s **not clear** how to measure whether or not you’re making progress.
- On the other hand, when you do see that you’re making progress, you **feel good** about yourself and you’re more likely to **keep** working towards them if you can measure how far you’ve come.

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Make it Measurable

- Open-ended goals are more elusive and much **less constructive**.
- Subjective goals can be psychologically **challenging** and even **damaging** because they rely on judgements based on vague criteria.
- And it's **difficult** to know when we've reached our goal.
- The longer we work towards these vague standards the more **discouraged** we may feel.

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Make it Measurable

- For example, let's say you set the goal: **"I will improve my self-esteem."**
- How will you know that your self-esteem has **improved**?
 - Will you be able to accept criticism **more easily**?
 - Will you cry **less**?
 - Will you express love for yourself **more frequently**?
 - Would you judge and/or compare yourself **less**?
 - Would you shop for healthier food **more frequently**?
 - Would a **collection** of these be enough or would **all** of them be necessary?
- Create a **measurable** criteria for improved self-esteem.

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Make it Measurable

- For example, let's say you set the goal: "I will get healthy."
- How will you know that your health has **improved**?
 - Will you be able to move around **more easily**?
 - Will you have **less cravings**?
 - Will you eat healthy foods **more frequently**?
 - Will you have **more** energy, stamina and/or strength?
 - Will you get **more** hours uninterrupted sleep?
 - Would a **collection** of these be enough or would **all** of them be necessary?
- Create a **measurable** criteria for improved health.

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Make it Measurable

- Having subjective, open-ended goals makes it **difficult** to gauge when you've reached your goal.
- This can lead to feeling more **discouraged** and **disappointed**, pushing you further from your goal.
- By creating measurable criteria for your goals you can **objectively** determine how successful you are meeting them.

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Make it Attainable and Realistic

- Having goals that are attainable and realistic are really important for your **mindset**.
- If you don't **believe** that you can reach your goals, then you **won't**.
- The **belief** that your goals can be reached provides the **motivation** to work towards them.
- This doesn't mean the goal can't be **challenging** or **interesting**.
- But it does mean you have to be willing to do something **different**.
- *"To achieve results never before obtained, we must attempt methods never before tried."* ~ Sir Francis Bacon

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Make it Attainable and Realistic

- For example, let's say you set the goal to **lose 40 pounds**.
 - In many ways this can be a good goal because it's **specific** and **measurable**.
 - But how do you **know** that it's attainable and realistic?
 - While everyone is unique, generally **1-2** pounds per week is realistic.
 - So, if you have the goal to lose 40 pounds in **2 months**, that's **not realistic**.
 - But losing 40 pounds over **5-10 months** is more realistic and attainable.
- You may even reach your goal **prematurely**, which can provide motivation for you in the future.

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Set a Timeline

- For any goal you set, you should define **specific endpoints**.
- Write down: **I will accomplish this goal by _____ (date.)**
- Your timeline provides you with the **determination** and **motivation** to get started and stay the course.
- It provides a **focus** for your intentions and desires.
- If you **don't** achieve the goal by the time the deadline comes, that's ok!
- You may need to **alter** you plan and strategy - it **doesn't** mean the goal is unattainable.
- *"When it's obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps." ~ Confucius.*

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